

WHAT YOU NEED  
TO KNOW  
**About**

About > Health & Fitness > Herbs for Health

Search

GO

Web Host



## Herbs for Health

with Juli Kight

Your Guide to one of hundreds of sites

[Home](#) · [Articles](#) · [Forums](#) · [Chat](#) · [Classifieds](#) · [Newsletters](#) · [Help](#)

### Subjects

#### ESSENTIALS

- [A - Z Encyclopedia](#)
- [Submit A Feature Article](#)
- [Aromatherapy](#)
- [Free Herb Graphics](#)
- [Submit a Recipe!](#)

#### How To's

[Salvia Divinorum](#)

[Herbal Careers](#)

[Ephedra Research](#)

[Noted Herbalists](#)

#### Introduction

[Herb Sites](#)

[Hot Herbs](#)

[Schools, Education](#)

#### Before You Buy

[Consumer Safety](#)

[Herb Interactions](#)

#### Amer. Indian Herbs

[Ayurveda](#)

[Chinese Herbalism](#)

[Ethnobotany](#)

[Aromatherapy](#)

[Flower Essences](#)

[Homeopathy](#)

[Product Reviews](#)

#### Fitness / Sports

[Weight Loss](#)

[Pregnancy](#)

[Cancer](#)

[Research Methods](#)

[Research Links](#)

#### Subject Library

#### Advertisement

#### Message Alert

You have **1 message** waiting for you.

OK

### Chinese Herbs and Healing Arts 1

Dateline: 03/20/99

[History / Introduction](#)

[Resources and Links](#)

### History / Introduction

The history of Chinese herb use is the oldest method of the Chinese health system evolving slowly over thousands of years. It is believed to date back 5000 years when ancient Chinese shamans used herbs for religious and health ceremonies. The first written documentation dates back 2700 BC, The Yellow Emperors Inner Classic which was a discussion of health between the Yellow Emperor and his doctor.

Legendary Shen Nong, wrote The Classic of Materia Medica. This text was written on the trial and error experimentation of 365 substances. Shen Nong took all these substances himself, observed and documented the effects. Taoist Tao Hong Jing, added another 365 substances and edited the work to include classifications.

By 1618 AD, the first official Materia Medica was created with about 1800 substances listed. By the 20th century it lists herbs from all over the world. It is still be updated today to include scientific data, uses, functions and uses with acupuncture.

During the 1900's, modern medicine was being forced into the Chinese culture. Many fought the

from

**KEEN**

Your Personal Advisor

Get a **FREE** Psychic Reading at Keen!

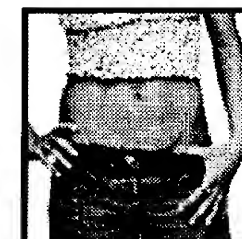
**talk LIVE**

[talk LIVE](#)



There's **MORE** on the menu **THAN SALAD**

[WeightWatchers.com](#)



**A HOT BODY**

now in a pill form.

**NO RISK!**  
**ALL NATURAL**

**All articles on this topic****Stay up-to-date!**

Subscribe to our newsletter.

**Go!****Advertising**

- > [Free Credit Report](#)
- > [Free Psychics](#)

forced into the Chinese culture. Many fought the idea and still kept their faith in their traditional health systems. I have not found a lot of information on the Internet about this time period, but it appears to me that they have found a way to utilize faster modern medicine to diagnose first, then treat and correct using their traditional methods.

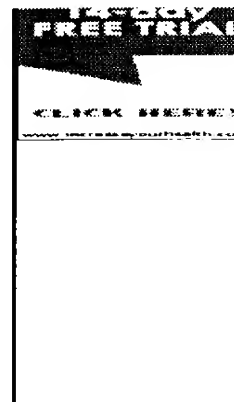
It is almost impossible to try to learn about Chinese herbs and using them correctly without learning about the basic health philosophy as a whole. Chinese medicine is based on the body as a whole and it's condition at the time of diagnosis. Herbalism may be the oldest portion of the Chinese health system, but it is a synergistic combination with many other practices such as acupuncture, exercise and meditation, diet and lifestyle. It is also a very intricate part on its own. Chinese herbs are used on energetic evaluations verses symptomatically like we do here in the west. I like the way Lesley Tierra states it in *The Nature of Herbal Healing*. "The herb's energies are matched with that of the person, the disease and its cause. Thus rather than making the headache the main treatment focus, we look at the person to see what is occurring in the body to cause the headache." I highly recommend this book if you are interested in Eastern herbalism because it is easy for the beginner to understand and it is blended with our Western herbal practices. We will look at this philosophy closer in the next Chinese Herbs feature.

Over the next few months, I will be featuring a number of in-depth articles on Chinese herbs and healing arts. We will look at the foundation philosophies, energy and chi, classifications, specific herbs and patent formulas. If you are experienced in this area and would like to contribute an article or information please E-mail me!

Be sure to watch for the next feature - Chinese Herbalism - Healing Philosophy.

**Information Resources and Links**

Tierra, Lesley, L. Ac., [The Herbs of Life: Health & Healing Using Western & Chinese Techniques](#);



The Crossing Press, 1997  
Chinese Herbology - Good chronological account.  
Herbal Article - About Traditional Chinese Medicine  
The History of Acupuncture in China-HealthWorld Online  
RMHI | A history of herbology and herbalism: oppressed arts  
Books and Journals - Good descriptions of Materia Medica, formularies and historical records.

### Resources and Information

Got a question to ask? **GO TO THE BOARDS!**

Please feel free to contact me if you have any suggestions, questions or comments. You are also invited to fill out the site survey under the "Feedback" link. Your feedback is important!  
[herbsforhealth.guide@about.com](mailto:herbsforhealth.guide@about.com)

### Previous Features

**Email this page!**

### **Sponsored Links**

#### **Heart of Herbs**

Holistic herbal education. Offering herbal training programs in herbal and aromatherapy studies, on-site programs and distance learning.

<http://www.heartofherbs.com/> Sponsored Link

#### **Organic Virgin Coconut Oil**

Is coconut oil the healthiest oil on earth? Read the research here and decide for yourself. Purchase organic Virgin Coconut Oil made from fresh coconuts and cold pressed in the Philippines.

<http://www.tropicaltraditions.com/> Sponsored Link

#### **Health Problems From Herbs In Metabolife?**

Metabolife 356 with ephedra (Ma Huang) causes strokes, heart attacks, seizures and sudden death. If you were injured by this diet pill, a HermanMathis lawyer may help you to join a lawsuit.

<http://www.hermanmathis-metabolife.com/> Sponsored Link

#### **Mountain Rose Herbs**

Shop online for the finest quality, unadulterated essential

oils. Since 1987 we have provided superior in quality essential oils at a fraction of the cost.

<http://www.mountainroseherbs.com/> Sponsored Link

### **Nutritional Supplements Below Wholesale Prices**

A1N - Total nutrition on the net. One stop shopping online for all your nutritional needs. Check our site first before you buy from anywhere else.

<http://www.a1nutritionproducts.com/> Sponsored Link

### **Buy a Link Now!**

Important Disclaimer Information about this About site.

## **Explore More on the About Network!**

### **Related Sites**

[Alternative Medicine](#)  
[Coffee/Tea](#)  
[Gardening](#)  
[Holistic Healing](#)  
[Nutrition](#)

### **Holocaust Horrors**

20th Century History  
Guide Jennifer  
Rosenberg observes  
Holocaust  
Remembrance Day.

### **Sticking to It**

Pro Ice Hockey  
Guide Jamie  
Fitzpatrick has  
advice for fans  
who are following  
the NHL playoffs.

### **Fancy B&Bs**

Bed and  
Breakfasts Guide  
Elizabeth Arneson  
finds luxurious  
inns all across the  
United States.



**[About Us](#) | [Advertise on This Site](#) | [User Agreement](#) | [Privacy Policy](#) | [Kids' Privacy Policy](#) | [Help](#)**

Copyright © 2003 About, Inc. About and About.com are registered trademarks of About, Inc. The About logo is a trademark of About, Inc. All rights reserved.